

MOOD HORMONE ASSESSMENT	
DOPAMINE	YES/ NO
1. Fatigue, especially in the morning	
2. Poor tolerance for exercise	
3. Lack of exercise	
4. Restless leg syndrome	
5. Poor memory	
6. Parkinson's disease	
7. Depression	
8. Loss of libido	
9. Feeling a strong need for stimulation or excitement (foods, gambling, partying, sex, etc.)	
10. Addictive eating or binge eating	
11. Generalized overweight/weight gain/obesity	
12. Cravings for sweets, carbohydrates, junk food or fast food	
<b>TOTAL (Warning score: &gt; 4)</b>	

13. Fibromyalgia	
14. Increased pain or poor pain tolerance	
15. Headaches or migraines	
16. High alcohol consumption	
17. Generalized overweight/weight gain/obesity	
18. Cravings for sweets or carbohydrates	
19. Constant hunger or increased appetite	
20. Failure to sleep in pitch black	
21. Inability to sleep in no matter how late going to bed	
22. Less than 7.5 hours of sleep per night	
23. Irritable bowel	
24. Constipation	
25. Nausea	
26. Use of corticosteroids	
<b>TOTAL (Warning score: &gt; 8)</b>	

SEROTONIN	YES/ NO
1. PMS characterized by hypoglycemia, sugar cravings, sweet cravings and/or depression	
2. Fatigue	
3. Feeling wired at night	
4. Lack of sweating	
5. Poor memory	
6. Loss of libido	
7. Depression, anxiety, irritability or seasonal affective disorder	
8. Loss of motivation or competitive edge	
9. Low self-esteem	
10. Inability to make decisions	
11. Obsessive-compulsive disorder	
12. Bulimia or binge eating	

GABA	YES/ NO
1. PMS characterized by breast tenderness, water retention, bloating, anxiety, sleep disruptions or headaches	
2. Feeling wired at night	
3. Aches and pains or increased muscle tension	
4. Irritability, tension or anxiety	
5. Difficulty falling asleep or staying asleep	
6. Less than 7.5 hours of sleep per night	
7. Irritable bowel	
8. Frequent gas and bloating	
<b>TOTAL (Warning score: &gt; 3)</b>	